

## **The Legacy of Isabel Menzies Lyth:** her therapeutic and organisational insights relating to work with children and families

**Friday, 24 April 2009**

Guest Presentations:

**Monica Lanyado**

The impact of listening on the listener:  
consultation to the helping professions who  
work with sexually abused young people

**Alison Hall**

“Who’s looking after me today?” An  
exploration of how the ideas of Isabel Menzies  
Lyth enabled better understanding of the  
institutional functioning and layers of defences  
in a children’s cancer unit.

**Judith Brearley**

Who was Isabel Menzies Lyth? A brief review  
of her life and career, reflecting on the great  
diversity of her interests and her rich  
contributions to our understanding of human  
relations.



Open to professionals working with children and families or in related areas

This intensive study day is part of the Child and Adolescent Psychotherapy (CAP) clinical training and the Therapeutic Skills for Children and Young People (TSCYP) course.

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## **The Legacy of Isabel Menzies Lyth: her therapeutic and organisational insights relating to work with children and families**

### **Overview**

This event celebrates some aspects of the life and work of Isabel Menzies Lyth (1917-2008). She was part of the pioneering group of social scientists who set up the Tavistock Institute of Human Relations in the 1940s. She was a distinguished child and adult psychoanalyst who continued clinical and supervision work throughout her life. She was equally an inspiring organisational consultant and action researcher. Her published work on containing anxiety in institutions is renowned.

The emphasis today is on the interface between intense therapeutic practice and its organisational context.

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### **Who was Isabel Menzies Lyth?**

**A brief review of her life and career, reflecting on the great diversity of her interests and her rich contributions to our understanding of human relations**

**Judith Brearley**, psychoanalytic psychotherapist, teacher and writer, works as an organisational consultant in health, social work, education and the voluntary sector. Most of her published papers examine the relevance of psychodynamic concepts for understanding and managing institutional processes.

### **“Who’s looking after me today?”**

**An exploration of how the ideas of Isabel Menzies Lyth enabled better understanding of the institutional functioning and layers of defences in a children’s cancer unit**

**Ali Hall** is a CLIC Sargent Paediatric Oncology Outreach Nurse Specialist, based at Yorkhill Hospital Glasgow. She has specialized in children’s cancer nursing for 15 years. Her TSCYP M.Phil dissertation (2000) was an observational study entitled “Mummy, don’t let them!” which examined, in the organisational context, how the child, parent and nurse experienced painful treatment procedures. Her paper ‘Trauma and containment in children’s cancer treatment’ is published in Rustin, M. & Bradley, J (eds) “Work Discussion” Karnac (2008).

# **'The impact of listening on the listener: consultation to the helping professions who work with sexually abused young people'**

## **Monica Lanyado**

The paper explores the impact of verbal and non-verbal communication from sexually abused young people on the staff working with them in a residential setting. Isabel Menzies Lyth's ideas about organisational defences against anxiety, and the difficulties of keeping to the therapeutic task are described from the perspective of regular consultations to the staff. Clinical examples illustrate this process in practice.

Monica Lanyado is a child and adolescent psychotherapist and a training supervisor at the British Association of Psychotherapists. She was the founding course organiser of the Child and Adolescent Psychotherapy Training in Edinburgh. Monica lectures, teaches and is published widely in the UK and in Europe. Her publications include 'The Presence of the Therapist: Treating Childhood Trauma (2004)' and, co-edited with Ann Horne, 'The Handbook of Child and Adolescent Psychotherapy: Psychoanalytic Approaches (1999)'. The second edition of the Handbook is also in press. Monica has also published 'A Question of Technique' (2006), and Through Assessment to Consultation (in press).

### **Timetable**

10.00 – 10.30	<i>Tea / Coffee</i> and Registration
10.30 - 10.45	Welcome: Debbie Hindle, Course Organising Tutor for CAP and TSCYP Introduction: Pauline Holland, Chair
10.45 – 11.30	Isobel Menzies Lyth – A brief review of her life and career, reflecting on the great diversity of her interests and her rich contributions to our understanding of human relations: <b>Judith Brearley</b>
11.30 - 1.00	'The impact of listening on the listener: consultation to the helping professions who work with sexually abused young people': <b>Monica Lanyado</b>
1.00 – 2.00	Lunch

2.00 – 3.00	“Who’s looking after me today?” An exploration of how the ideas of Isabel Menzies Lyth enabled better understanding of the institutional functioning and layers of defences in a children’s cancer unit: <b>Alison Hall</b>
3.00 – 3.30	Discussion in small groups
3.30 – 4.00	Feedback, questions, comments
4.00	Close

**Date:** Friday, 24 April 2009

**Time:** 10.00am – 4.00pm

**Venue:** The Edinburgh Quaker Meeting House, 7 Victoria Terrace, Edinburgh EH1 2JL. t: 0131 225 4825

**Cost:** £40.00 - Includes morning tea / coffee, and sandwich lunch  
£25.00 - Graduates of SIHR CAP training and TSCYP course

### **Application**

As places are limited please make bookings in advance by returning the enclosed booking form, along with a cheque payable to ‘The Scottish Institute of Human Relations’.

**Please note that the closing date for receipt of application forms is 14 April 2009.**

We would advise you to apply at your earliest convenience to reserve a place at this event.

Cancellations up to 10 days before each event a refund of 50% of total paid will be made; no refund thereafter.

### **Enquiries for this event to –**

Pauline Holland / Debbie Hindle  
SIHR, 172 Leith Walk, Edinburgh EH6 5EA  
t: 0131 454 3240, f: 0131 454 3241, e: [info@sihr.org.uk](mailto:info@sihr.org.uk)

**- Grateful acknowledgement to the Scottish Child Psychotherapy Trust for their generous contribution to the cost of this event.**

Booking Form

(please return to the address below by 14 April 2009)

Intensive Study Event:

Title: **The Legacy of Isabel Menzies Lyth: her therapeutic and organisational insights relating to work with children and families**

Speakers: Judith Brearley, Alison Hall, Monica Lanyado

Date & time: Friday 24 April 2009, 10am – 4.00pm, Edinburgh Quaker Meeting House, 7 Victoria Terrace, Edinburgh EH 1 2JL, t: 0131 225 4825

PLEASE BLOCK CAPITALS

I wish to attend the Intensive Study Event on Friday 24 April 2009.

Name:

Work Place Job Title:

Address:

Daytime telephone number:

Evening telephone number:

Email address:

### **Booking Conditions**

As places are restricted bookings can only be accepted by post and are confirmed upon receipt of payment.

### **Cost**

Cheques in the amount of £40.00 (£25.00 - SIHR CAP and TSCYP graduates) should be made payable to 'Scottish Institute of Human Relations'.

## **Enquiries for this event to –**

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T: 0131 454 3240, f: 0131 454 3241, e: [info@sihr.org.uk](mailto:info@sihr.org.uk)

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SIHR, 172 Leith Walk, Edinburgh, EH6 5EA

I do not want to receive information about any other SIHR courses, trainings, events, or services.

Personal information will be held and processed by SIHR according to the Data Protection Act (1998). This information will be used by SIHR to administer and manage the course or service.

SIHR aims to ensure that no-one receives less favourable treatment on the grounds of gender, parental status, ethnic origin, colour, nationality, social class, disability, sexual orientation, religious belief or age. This information is available in other formats.

## **Coming Soon from SIHR**

### **What Promotes Infant Mental Health and Child Development: parenting and supporting families with relationships difficulties**

- a one day seminar on Monday 23 February 2009, SIHR Edinburgh. Cost: £150

### **Observing Infants – Observation and Assessment Skills: working with parents and very young children**

- a 4 day introductory course to enhance the skills of professionals working to promote infant mental health and development. Starting 30 March 2009, SIHR Edinburgh. Cost: £400

### **Personality Disorders: Person or Problem? using a psychodynamic framework to enhance professional practice**

- a new 10 session short course starting 19 March to 28 May 2009, SIHR Edinburgh. Cost: £700.

### **Infant Mental Health and Early Intervention with Under Fives and their Parents**

- an established 10 week introductory course to enhance the skills of professionals working to promote infant mental health and development

Contact [edinburgh@sihr.org.uk](mailto:edinburgh@sihr.org.uk) to register your interest.

### **Diploma in Psychodynamic Counselling and Therapeutic Practice** - validated by COSCA.

OPEN DAYS – 24 January, 28 March and 23 May 2009

- this modular course has been designed to fulfil the training requirements for those who wish to work towards professional accreditation with COSCA or BACP.

Starts: September 2009, in Glasgow.



The Scottish Institute of Human Relations  
- *understanding people* -



Founded as an education trust in 1971, The Scottish Institute of Human Relations (SIHR) is a national resource that provides educational programmes and services. A national charity, it has premises in Edinburgh and Glasgow, with a wide network of practitioners and members.

### *Why choose SIHR?*

Understanding human relationships is central to emotional health and well-being, but sustaining and applying that understanding in the work of promoting mental health or social well-being is very demanding. SIHR, in its role as an educational charity, develops and delivers courses and services for people who respond to such demands in their professional lives.

Our courses and services translate psychoanalytic, psychodynamic and systemic ideas into practical tools for professionals in the health service, voluntary and faith organisations, and education and social services.

### **The Scottish Institute of Human Relations**

172 Leith Walk  
Edinburgh, EH6 5EA

Tel: 0131 454 3240  
Fax 0131 454 3241  
edinburgh@sahr.org.uk

5 La Belle Place  
Glasgow, G3 7LH

0141 332 0011  
0141 332 3999  
glasgow@sahr.org.uk

[www.sahr.org.uk](http://www.sahr.org.uk)

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